

Eating, Diet, and Nutrition

You can keep your nervous system healthy by taking these steps:

- Eat healthy meals and follow the meal plan that you and your doctor or dietitian have worked out.
- If you drink alcoholic beverages, limit your intake to no more than one drink per day for women and two drinks per day for men. Drinking too many alcoholic beverages can make nerve damage worse.

Read more in *What I need to know about Eating and Diabetes* at www.diabetes.niddk.nih.gov.